

Fun N FITchburg/ Mass in Motion Meeting minutes

November 23, 2009

- **Welcome and Introductions**

Steve Curry began the meeting by welcoming everyone and thanking them for the energy and response to the survey from the last meeting on October 7. Steve also tried to ensure the small group in attendance to not be discouraged by today's attendance turnout. Steve read several e-mails of regrets to the group showing interest in the meeting as well as interest in the results of today's meeting. Steve also introduced Donna Salloom who is a Mass n Motion Coordinator for the Department of Public Health.

The second part of introductions was for all partners to introduce themselves, the organization they represent, and one healthy thing they have noticed since the last meeting.

- **Vision, Mission and Goals**

Nancy Fillers discussed the goals of Fun n FITchburg which was accompanied by the first 6 slides of the power point presentation. She mentions the over-arching goal of Fun n Fitchburg to **Reduce obesity in Fitchburg through policy, system, and environmental changes that make healthy eating and physical activity the easy choice.**

Nancy also introduced the goals and objectives for the group sectors in (power point presentation) Planning and Assessment, Community Awareness, and to Empower Fitchburg.

The second part of Nancy's presentation included a group activity. Members divided into 3 groups to assist in developing a group vision statement. Each group was allotted about 20 minutes to define what a Fitchburg headline would look like in the year 2015 after several years of Mass n Motion/Fun n Fitchburg.

Group 1 chose the headline, "Fitchburg's policy changes results in lowest obesity rates in central Massachusetts".

Group 2 chose the headline, "A cleaner and greener FITchburg serves as a model to surrounding communities of healthy eating and active living".

Group 3 chose the headline, "All Fitchburg families are Fun n Fit taking ownership in safe and health living".

- **What the Team has been up to since the last meeting**

The entire team attended a Mass n Motion training regarding implementation of the CHANGE tool. Ayn Yeagle presented the CHANGE tool from the slide show, slides #6-19. The CHANGE tool stands for Community Health Assessment aNd Group Evaluation. It was developed by

the Center for Disease Control. The CHANGE TOOL purpose is to conduct an assessment of the City of Fitchburg assets and potential areas of improvement prior to deciding the City of Fitchburg's significant issues. Once deciding these issues, a Community Action Plan (CAP) is developed. The CHANGE Tool assesses policies, systems and the environment.

The CHANGE tool will be divided into 5 sectors. Community at Large, Schools, Worksites, Health Care and Community Organizations make up the 5 sectors. Below is a more in depth description of each sector:

- Community at Large-Community-wide efforts that impact the social and built environment
 - Food access
 - Bikeability
 - Walkability
 - Smoking bans
 - Personal safety
- Primary and secondary learning institutions (Schools)
 - Private, public, or parochial
 - Elementary school
 - Middle school
 - High school
- Places of employment (Worksites)
 - Private offices
 - Restaurants
 - Retail
 - Government offices
- Places people go to receive preventive care or treatment or emergency health services (Health Care)
 - Hospitals
 - MD offices
 - Community clinics
- Entities in community providing a broad array of human services and access to facilities (Community Organization)
 - Childcare settings
 - Faith-based orgs.
 - Senior centers
 - Boys and girls clubs
 - Colleges and universities

Community at large was decided to be the overall category in which all 5 sectors had in common. Ayn thought it would simplify issues by putting Community at Large as the umbrella, with 4 sectors under community at-large. These 4 sectors are now Health care, Worksites, Schools and Community organizations. Each of these 4 sectors had modules of similarity. Physical activity, nutrition, tobacco use, chronic disease and leadership make up the modules. Ayn then mentioned the different tools and methods to assess all sectors. Observation, Survey, Focus group, Walk audits, and Photo voice are the methods to assess sites. Ayn pointed out an overall goal of interviews, assessments and modules for 3 Sites for 4 Sectors and Community-At-Large must be completed by March 2010 for the CHANGE tool per requirement of the grant.

Under the direction of Mary, the group then divided into 4 sectors of Schools, Worksite, Health Care and Community Institution/Organization. Each sector had a leader. Each group was assigned the task of identifying a spokesperson, and to identify 3 sites under its sector it would interview. Through the individual group spokespersons, the groups came up with the following (top agency in bold) becoming the interviewee.

Health Care	- CHC (Center for Health Connections) - A local Pediatrician (Dr. Daria Karos) - Health-Alliance Hospital
Work Place	- MOC -FSC -Market Basket
Schools	- FHS -Charter School -St. Bernards Elementary
Community Organization	- LUK -Elm St Church -YMCA

Groups are required to interview agencies according to the handouts and report back to the entire group on December 14, 2009 (next meeting). **The group wished to extend an invitation to all members unable to make the meeting to join and help out with the interviews. Please notify a leader or member of the group if interested in participating.** Mary then went over the remainder of the slides in the presentation and the meeting was adjourned at 4:40 PM.

Next meeting December 14, 2009 @ 3PM-4:30PM in the Veterans Room at City Hall